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1. Contraceptive process in female mammals that consists of at least 28 days of sequential administration of:

(a) a gestagen in an ovulation-inhibiting dose for at least 28 days in combination with

(b) a natural estrogen for 5 to 10 days at the end of the sequential administration of at least 28 days.

2. Contraceptive process in female mammals that consists of 28 days of sequential administration of:

(a) a gestagen in an ovulation-inhibiting dose for 28 days in combination with

(b) a natural estrogen for 5 to 10 days at the end of the sequential 28-day administration.

3. Process according to claim 1 or 2, in which the natural estrogen is administered for 10 days at the end of the sequential administration.

4. Process according to ^{claim 1} ~~one of claims 1 to 3~~, in which the gestagen is selected from the group of compounds:

gestodene,
 progesterone,
 levonorgestrel,
 cyproterone acetate,
 chloromadinone acetate,
 drospirenone (dihydrospirorenone),
 norethisterone,

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norethisterone acetate,
 norgestimate,
 desogestrel,
 3-ketodesogestrel,
 dienogest

or a mixture thereof.

5. Process according to claim 1, ~~2 or 3~~, in which the gestagen is contained in a daily dosage of:

0.05-0.2 mg of levonorgestrel,

0.05-0.15 mg of gestodene

or a bioequivalent dosage of another gestagen.

6. Process according to claim 1, whereby the administration of gestagen is done orally and/or transdermally.

7. Process according to claim 1, whereby the administration ~~of natural estrogen is done orally and/or transdermally~~.

8. Contraceptive kit that contains at least 28 daily dosage units with

(a) a first phase that consists of at least 18 to 23 first daily dosage units of a gestagen in an ovulation-inhibiting dose, and

(b) a second phase that consists of at least 5 to 10 second daily dosage units of a gestagen in an ovulation-inhibiting dose, in combination with a natural estrogen..

9. Contraceptive kit that contains 28 daily dosage units with

(a) a first phase that consists of 18 to 23 first daily dosage units of a gestagen in an ovulation-inhibiting dose, and

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(b) a second phase that consists of 5 to 10 second daily dosage units of a gestagen in an ovulation-inhibiting dose, in combination with a natural estrogen.

10. Contraceptive kit according to claim 8 ~~or 9~~, in which the natural estrogen is administered for 10 days of the last third of the sequential administration.

11. Contraceptive kit according to ^{claim 8} ~~one of claims 8 to 10~~, in which the gestagen is selected from the group of compounds:

gestodene,
 progesterone,
 levonorgestrel,
 cyproterone acetate,
 chloromadinone acetate,
 drospirenone (dihydrospirorenone),
 norethisterone,
 norethisterone acetate,
 norgestimate,
 desogestrel,
 3-ketodesogestrel,
 dienogest

or a mixture thereof.

12. Contraceptive kit according to ^{claim 8} ~~one of claims 8 to 10~~, in which the gestagen is contained in a daily dosage of:

0.05-0.2 mg of levonorgestrel,

0.05-0.15 mg of gestodene

or a bioequivalent dosage of another gestagen.

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